



FSGA Association Spécialisée FSG



FEDERATION SUISSE DE GYMNASTIQUE ACROBATIQUE / FSGA  
SCHWEIZERISCHER VERBAND AKROBATIKTURNEN / SVAT  
FEDERAZIONE SVIZZERA DI GINNASTICA ACROBATICA / FSGA  
SWISS FEDERATION OF ACROBATIC GYMNASTICS / SFAG

**2026**

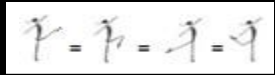

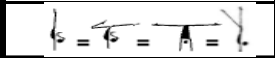




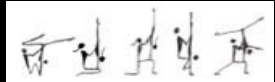



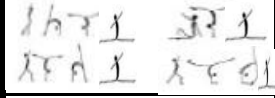



**PTS**

**PROGRAMMA TECNICO SVIZZERO  
Nazionale**







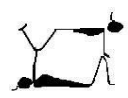






















**Tabella delle difficoltà**

**CATEGORIE SN1 - SN2**

**VERSION 17.03.26**

<p><b>INFORMAZIONI GENERALI:</b></p>	<p>Le immagini (compresa l'orientamento dei partner l'uno rispetto all'altro) e i testi riportati di seguito fanno fede per quanto riguarda il riconoscimento della difficoltà. Sono ammesse variazioni di forma purché non alterino in modo significativo la natura e i principi biomeccanici dell'elemento. <b>Le variazioni riportate di seguito non devono essere indicate sul foglio di gara.</b></p>
<b>ELEMENTI STATICI</b>	
	<p>Elementi con il volteggiatore su un piede: realizzazione possibile con la gamba davanti o dietro (arabesque), gamba piegata o tesa.</p>
	<p>* Elementi con angolo chiuso: gambe piegate tra le braccia divaricate. * Elementi con angolo aperto: forma equivalente per le esecuzioni con gambe unite o incrociate tra le braccia divaricate o gambe divaricate con le mani all'interno.</p>
	<p>Les variantes suivates sont autorisées pour l'Verticali.</p>
	<p>Equivalenza di forma per i portatori in posizione inginocchiata eretta o in affondo con ginocchio.</p>
	<p>Elementi con il volteggiatore sui piedi/sulle mani del portatore a terra: esecuzione in appoggio sui piedi/sulle mani del portatore, senza appoggio a terra.</p>
	<p>Elemento con supporto a tavolo: il braccio, disegnato in tratteggio, può essere appoggiato a terra o sollevato.</p>
	<p>Elemento realizzato con appoggio sulla nuca vietato, l'appoggio deve essere sulla schiena o sulle spalle.</p>
	<p>* Elementi con aiuto del portatore per la realizzazione del Verticali: contatto delle mani del portatore sulle cosce, sul bacino o sul tronco dell'acrobata. * La direzione del Verticali (di fronte o di schiena) è libera.</p>
<b>ELEMENTI DINAMICI</b>	
	<p>* Con la freccia: slancio obbligatorio (corsa, salto, ecc.). * Assenza di freccia: slancio libero o partenza da fermo.</p>
	<p>Elementi con fase di volo: obbligo di accompagnamento del ritorno a terra dell'acrobata da parte del/i portatore/i quando indicato nei disegni. Contatto con le braccia o la parte superiore del busto dell'acrobata.</p>
<b>ELEMENTI INDIVIDUALI</b>	
	<p>Elemento divaricato antero-posteriore ed elemento scivolato in divaricato antero-posteriore: possono essere eseguiti con o senza contatto delle mani con il suolo.</p>
	<p>Elementi di flessibilità con arrivo in spaccata: possono essere eseguiti appoggiando una o entrambe le mani a terra durante il passaggio alla spaccata. La posizione delle braccia all'arrivo è libera.</p>
	<p>Partenza in ginocchio: esecuzione con punte dei piedi tese, senza spinta delle dita dei piedi sul pavimento.</p>
	<p>* Elementi che terminano con una capriola in avanti: senza appoggiare le mani a terra (eccezione: capriola in avanti con gambe tese e unite). Durante la capriola, le mani possono o meno afferrare le tibie. * Elementi con Verticali seguiti da capriola in avanti: le braccia possono essere flesse o tese.</p>
	<p>Gli elementi di agilità con arrivo a gambe divaricate possono essere eseguiti anche con arrivo in ginocchio.</p>






















ELEMENTI COLLETTIVI / POSIZIONI VARIE / STATICA 3"  
SCEGLIERE 1 ELEMENTO DELLA TABELLA

<b>A</b>							
N°+V	S1_VA1_V2	S1_VA2_V4	S1_VA3_V6	S1_VA4_V8		S1_VA6_V12	S1_VA7_V14
<b>B</b>							
N°+V	S1_VB1_V2	S1_VB2_V4		S1_VB4_V8		S1_VB6_V12	S1_VB7_V14
<b>C</b>							
N°+V		S1_VC2_V4	S1_VC3_V6	S1_VC4_V8	S1_VC5_V10	S1_VC6_V12	
<b>D</b>							
N°+V	S1_VD1_V2	S1_VD2_V4	S1_VD3_V6	S1_VD4_V8		S1_VD6_V12	S1_VD7_V14
<b>E</b>							
N°+V	S1_VE1_V2	S1_VE2_V4	S1_VE3_V6	S1_VE4_V8			
<b>F</b>							
N°+V			S1_VF3_V6		S1_VF5_V10		S1_VF7_V14

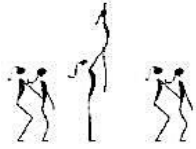
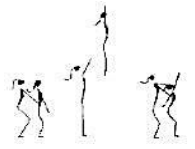
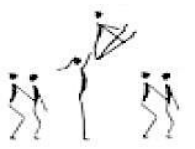
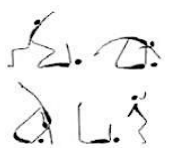

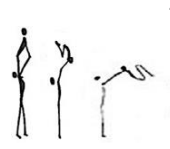
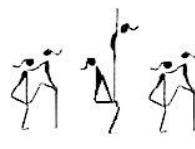
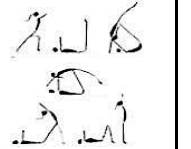

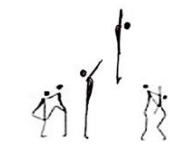
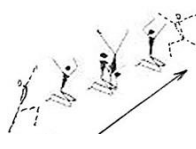

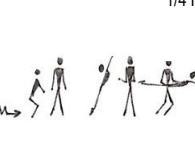
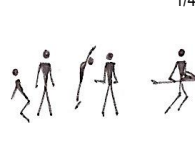







ELEMENTI COLLETTIVI / SQUADRA / STATICA 3"  
SCEGLIERE 1 ELEMENTO DALLA TABELLA

<b>A</b>							
N°+V	S1_EA1_V2					S1_EA6_V12	S1_EA7_V14
<b>B</b>							
N°+V							S1_EB7_V14
<b>C</b>							
N°+V							S1_EC7_V14
<b>D</b>							
N°+V		S1_ED2_V4	S1_ED3_V6	S1_ED4_V8	S1_ED5_V10	S1_ED6_V12	
<b>E</b>							
N°+V				S1_EE4_V8	S1_EE5_V10		
<b>F</b>							
N°+V					S1_EF5_V10	S1_EF6_V12	












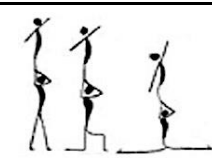


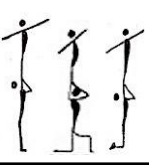

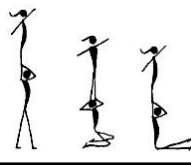


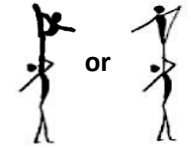






ELEMENTI COLLETTIVI / VERTICALI / STATICI 3"  
SCEGLIERE 1 ELEMENTO DELLA TABELLA

<b>A</b>							
N°+V			S1_AA3_V6	S1_AA4_V8	S1_AA5_V10	S1_AA6_V12	S1_AA7_V14
<b>B</b>							
N°+V	S1_AB1_V2	S1_AB2_V4		S1_AB4_V8	S1_AB5_V10	S1_AB6_V12	
<b>C</b>							
N°+V	S1_AC1_V2	S1_AC2_V4	S1_AC3_V6		S1_AC5_V10		
<b>D</b>							
N°+V		S1_AD2_V4	S1_AD3_V6		S1_AD5_V10		S1_AD7_V14
<b>E</b>							
N°+V				S1_AE4_V8		S1_AE6_V12	S1_AE7_V14
<b>F</b>							
N°+V							


























ELEMENTI COLLETTIVI // DINAMICA  
SCEGLIERE 1 ELEMENTI DELLA TABELLA

<b>A</b>							
N°+V	S1_DA1_V2	S1_DA2_V4	S1_DA3_V6				
<b>B</b>							 4/4 F
N°+V				S1_DB4_V8	S1_DB5_V10		S1_DB7_V14
<b>C</b>							
N°+V		S1_DC2_V4	S1_DC3_V6	S1_DC4_V8	S1_DC5_V10		
<b>D</b>			 1/4 F	 1/4 B			 R
N°+V	S1_DD1_V2	S1_DD2_V4	S1_DD3_V6	S1_DD4_V8	S1_DD5_V10	S1_DD6_V12	S1_DD7_V14
<b>E</b>							
N°+V		S1_DE2_V4	S1_DE3_V6	S1_DE4_V8		S1_DE6_V12	
<b>F</b>							
N°+V							























ELEMENTI COLLETTIVI / POSIZIONI VARIE / STATICA 3"  
SCEGLIERE 1 ELEMENTO DELLA TABELLA

<b>A</b>							
N°+V	S2_VA4_V8		S2_VA6_V12	S2_VA7_V14	S2_VA8_V16		
<b>B</b>							
N°+V	S2_VB4_V8		S2_VB6_V12	S2_VB7_V14	S2_VB8_V16		
<b>C</b>							
N°+V	S2_VC4_V8	S2_VC5_V10	S2_VC6_V12			S2_VC9_V18	
<b>D</b>							
N°+V	S2_VD4_V8		S2_VD6_V12	S2_VD7_V14	S2_VD8_V16	S2_VD9_V18	
<b>E</b>							 or 
N°+V	S2_VE4_V8				S2_VE8_V16		S2_VE10_V20
<b>F</b>							
N°+V		S2_VF5_V10		S2_VF7_V14	S2_VF8_V16	S2_VF9_V18	S2_VF10_V20

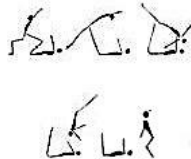
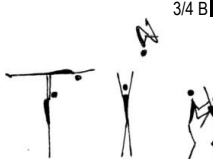

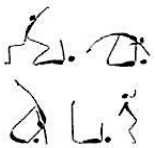
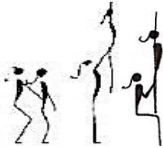


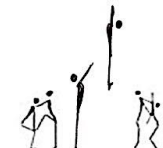

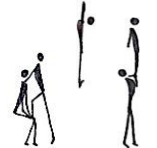
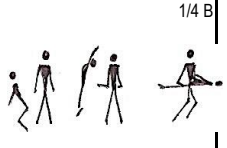


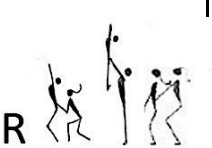

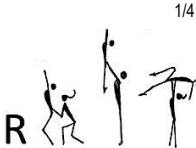
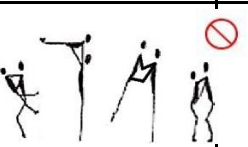



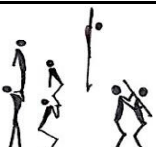
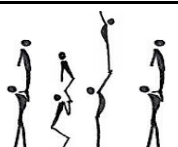
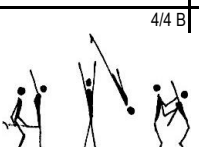
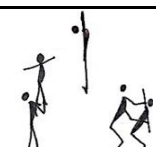
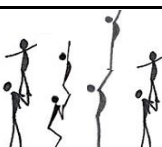
ELEMENTI COLLETTIVI / SQUADRA / STATICA 3"  
SCEGLIERE 1 ELEMENTO DALLA TABELLA

<p><b>A</b></p>								
	N°+V		S2_EA6_V12	S2_EA7_V14	S2_EA8_V16	S1_EA9_V18	S2_EA10_V20	
	<p><b>B</b></p>							
		N°+V			S2_EB7_V14	S2_EB8_V16	S2_EB9_V18	
	<p><b>C</b></p>							
		N°+V			S2_EC7_V14	S2_EC8_V16	S2_EC9_V18	
	<p><b>D</b></p>							
		N°+V	S2_ED4_V8	S2_ED5_V10	S2_ED6_V12	S2_ED8_V16	S2_ED9_V18	S2_ED10_V20
	<p><b>E</b></p>							
N°+V		S2_EE4_V8	S2_EE5_V10		S2_EE8_V16	S2_EE9_V18		
<p><b>F</b></p>								
	N°+V		S2_EF5_V10	S2_EF6_V12		S2_EF9_V18	S2_EF10_V20	































ELEMENTI COLLETTIVI / VERTICALI / STATICI 3"  
SCEGLIERE 1 ELEMENTO DELLA TABELLA

<b>A</b>							
N°+V	S2_AA4_V8	S2_AA5_V10	S2_AA6_V12	S2_AA7_V14			
<b>B</b>							
N°+V	S2_AB4_V8	S2_AB5_V10	S2_AB6_V12		S2_AB8_V16	S2_AB9_V18	
<b>C</b>							
N°+V		S2_AC5_V10					S2_AC10_V20
<b>D</b>							
N°+V		S2_AD5_V10		S2_AD7_V14			S2_AD10_V20
<b>E</b>							
N°+V	S2_AE4_V8		S2_AE6_V12	S2_AE7_V14	S2_AE8_V16	S2_AE9_V18	S2_AE10_V20
<b>F</b>							
N°+V						S2_AF9_V18	S2_AF10_V20













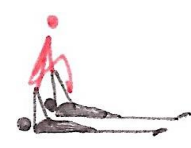







ELEMENTI COLLETTIVI / DINAMICA  
SCEGLIERE 2 ELEMENTI DELLA TABELLA

<b>A</b>						 <sup>3/4 B</sup>	 <sup>4/4 B</sup>
N°+V					S2_DA8_V16	S2_DA9_V18	S2_DA10_V20
<b>B</b>				 <sup>4/4 F</sup>			
N°+V	S2_DB4_V8	S2_DB5_V10		S2_DB7_V14			
<b>C</b>					 <sup>80°</sup>		
N°+V	S2_DC4_V8	S2_DC5_V10			S2_DC8_V16		S2_DC10_V20
<b>D</b>	 <sup>1/4 B</sup>			 R	 R		 <sup>1/4 B</sup>
N°+V	S2_DD4_V8	S2_DD5_V10	S2_DD6_V12	S2_DD7_V14	S2_DD8_V16		S2_DD10_V20
<b>E</b>	 		 				
N°+V	S2_DE4_V8		S2_DE6_V12			S2_DE9_V18	S2_DE10_V20
<b>F</b>					 <sup>4/4 B</sup>		
N°+V					S2_DF8_V16	S2_DF9_V18	S2_DF10_V20












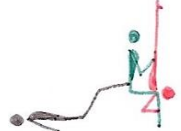










ELEMENTI COLLETTIVI / POSIZIONI VARIE / STATICA 3"  
SCEGLIERE 1 ELEMENTO DELLA TABELLA

<b>A</b>							
N°+V	S1_VA1_V2	S1_VA2_V4	S1_VA3_V6		S1_VA5_V10	S1_VA6_V12	S1_VA7_V14
<b>B</b>							
N°+V				S1_VB4_V8		S1_VB6_V12	S1_VB7_V14
<b>C</b>							
N°+V	S1_VC1_V2	S1_VC2_V4	S1_VC3_V6	S1_VC4_V8	S1_VC5_V10	S1_VC6_V12	S1_VC7_V14
<b>D</b>							
N°+V	S1_VD1_V2	S1_VD2_V4		S1_VD4_V8	S1_VD5_V10	S1_VD6_V12	S1_VD7_V14
<b>E</b>							
N°+V		S1_VE2_V4		S1_VE4_V8	S1_VE5_V10		S1_VE7_V14
<b>F</b>							
N°+V		S1_VF2_V4	S1_VF3_V6		S1_VF5_V10	S1_VF6_V12	

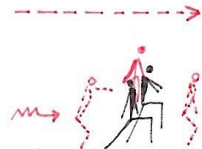






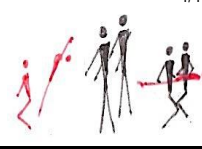

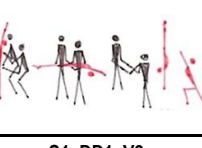



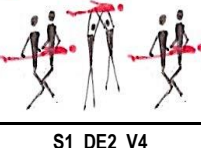
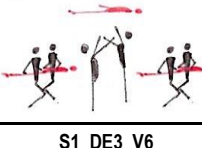
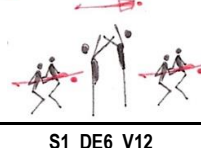


ELEMENTI COLLETTIVI / SQUADRA / STATICA 3"  
SCEGLIERE 1 ELEMENTO DALLA TABELLA

<b>A</b>							
N°+V							S1_EA7_V14
<b>B</b>							
N°+V	S1_EB2_V4	S1_EB3_V6	S1_EB4_V8	S1_EB5_V10	S1_EB6_V12	S1_EB7_V14	
<b>C</b>							
N°+V				S1_EC5_V10	S1_EC6_V12		
<b>D</b>							
N°+V				S1_ED5_V10	S1_ED6_V12		
<b>E</b>							
N°+V	S1_EE1_V2			S1_EE4_V8	S1_EE5_V10	S1_EE6_V12	S1_EE7_V14
<b>F</b>							
N°+V	S1_EF1_V2				S1_EF5_V10	S1_EF6_V12	S1_EF7_V14












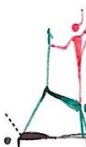



















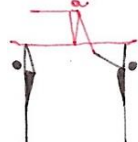
ELEMENTI COLLETTIVI / VERTICALI / STATICI 3"  
SCEGLIERE 1 ELEMENTO DELLA TABELLA

<b>A</b>							
N°+V	S1_AA1_V2	S1_AA2_V4	S1_AA3_V6	S1_AA4_V8	S1_AA5_V10		
<b>B</b>							
N°+V	S1_AB1_V2	S1_AB2_V4	S1_AB3_V6	S1_AB4_V8	S1_AB5_V10	S1_AB6_V12	
<b>C</b>							
N°+V		S1_AC2_V4	S1_AC3_V6	S1_AC4_V8	S1_AC5_V10	S1_AC6_V12	S1_AC7_V14
<b>D</b>							
N°+V			S1_AD3_V6			S1_AD6_V12	
<b>E</b>							
N°+V			S1_AE3_V6		S1_AE5_V10		S1_AE7_V14
<b>F</b>							
N°+V							





























ELEMENTI COLLETTIVI // DINAMICA  
SCEGLIERE 1 ELEMENTI DELLA TABELLA

<b>A</b>							
N°+V	S1_DA1_V2	S1_DA2_V4	S1_DA3_V6				S1_DA7_V14
<b>B</b>							
N°+V		S1_DB2_V4	S1_DB3_V6				
<b>C</b>				1/4 B			1/4 B
N°+V		S1_DC2_V4	S1_DC3_V6			S1_DC6_V12	
<b>D</b>				1/4 F			
N°+V	S1_DD1_V2	S1_DD2_V4	S1_DD3_V6				
<b>E</b>		# 	# 	# 1/4	# 180°	# 360° 	
N°+V	S1_DE1_V2	S1_DE2_V4	S1_DE3_V6	S1_DE4_V8	S1_DE5_V10	S1_DE6_V12	
<b>F</b>							
N°+V						S1_DF6_V12	S1_DF7_V14










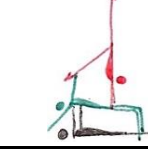

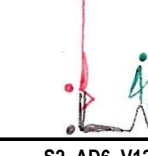
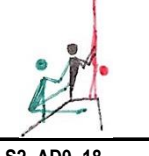
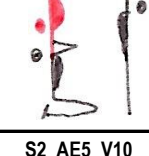


ELEMENTI COLLETTIVI / POSIZIONI VARIE / STATICA 3"  
SCEGLIERE 1 ELEMENTO DELLA TABELLA

<b>A</b>							
N°+V	S2_VA5_V10	S2_VA6_V12	S2_VA7_V14	S2_VA8_V16	S2_VA9_V18		
<b>B</b>							
N°+V	S2_VB4_V8	S2_VB6_V12	S2_VB7_V14	S2_VB8_V16	S2_VB9_V18	S2_VB10_V20	
<b>C</b>							
N°+V	S2_VC4_V8	S2_VC5_V10	S2_VC6_V12	S2_VC7_V14	S2_VC9_V18	S2_VC10_V20	
<b>D</b>							
N°+V	S2_VD4_V8	S2_VD5_V10	S2_VD6_V12	S2_VD7_V14	S2_VD8_V16	S2_VD9_V18	
<b>E</b>							
N°+V	S2_VE4_V8	S2_VE5_V10		S2_VE7_V14	S2_VE8_V16		
<b>F</b>							
N°+V		S2_VF5_V10	S2_VF6_V12		S2_VF8_V16	S2_VF9_V18	S2_VF10_V20


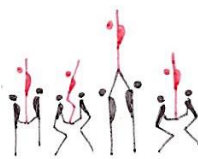




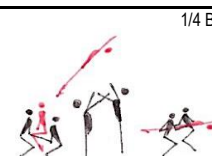

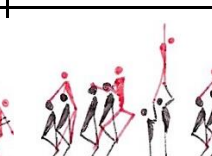

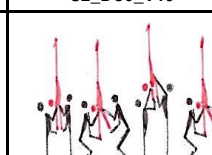

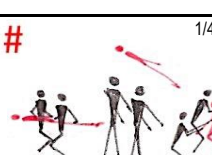
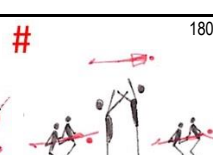
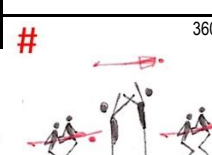
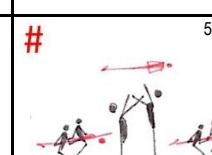
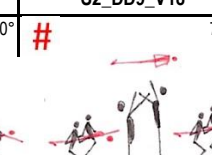
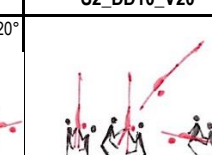



ELEMENTI COLLETTIVI / SQUADRA / STATICA 3"  
SCEGLIERE 1 ELEMENTO DALLA TABELLA

<b>A</b>							
N°+V				S2_EA7_V14		S2_EA9_V18	S2_EA10_V20
<b>B</b>							
N°+V	S2_EB4_V8	S2_EB5_V10	S2_EB6_V12	S2_EB7_V14		S2_EB9_V18	S2_EB10_V20
<b>C</b>							
N°+V		S2_EC5_V10	S2_EC6_V12		S2_EC8_V16	S2_EC9_V18	S2_EC10_V20
<b>D</b>							
N°+V		S2_ED5_V10	S2_ED6_V12				
<b>E</b>							
N°+V	S2_EE4_V8	S2_EE5_V10	S2_EE6_V12	S2_EE7_V14	S2_EE8_V16	S2_EE9_V18	
<b>F</b>							
N°+V		S2_EF5_V10	S2_EF6_V12	S2_EF7_V14	S2_EF8_V16	S2_EF9_V18	S2_EF10_V20






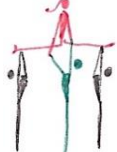















ELEMENTI COLLETTIVI / VERTICALI / STATICI 3"  
SCEGLIERE 1 ELEMENTO DELLA TABELLA

<b>A</b>							
N°+V	S2_AA4_V8	S2_AA5_V10					S2AA10_V20
<b>B</b>							
N°+V	S2_AB4_V8	S2_AB5_V10	S2_AB6_V12				S2_AB10_V20
<b>C</b>							
N°+V	S2_AC4_V8	S2_AC5_V10	S2_AC6_V12	S2_AC7_V14			
<b>D</b>							
N°+V			S2_AD6_V12			S2_AD9_18	
<b>E</b>							
N°+V		S2_AE5_V10		S2_AE7_V14	S2_AE8_V16		
<b>F</b>							
N°+V							
















ELEMENTI COLLETTIVI / DINAMICA  
SCEGLIERE 2 ELEMENTI DELLA TABELLA

<b>A</b>						 1/4 F	 4/4 F				
	N°+V			S2_DA7_V14	S2_DA8_V16	S2_DA9_V18	S2_DA10_V20				
<b>B</b>						 1/4 B	 4/4 B				
	N°+V					S2_DB9_V18	S2_DB10_V20				
<b>C</b>			 1/4 B				 1/4 B				
	N°+V		S2_DC6_V12		S2_DC8_V16	S2_DC9_V18	S2_DC10_V20				
<b>D</b>							 1/4 B				
	N°+V					S2_DD9_V18	S2_DD10_V20				
<b>E</b>	#	 1/4	#	 180°	#	 360°	#	 540°	#	 720°	 1/4 F
	N°+V	S2_DE4_V8	S2_DE5_V10	S2_DE6_V12		S2_DE8_V16	S2_DE9_V18	S2_DE10_V20			
<b>F</b>				 3/4 B	 3/4 B	 3/4 B					
	N°+V			S2_DF6_V12	S2_DF7_V14	S2_DF8_V16					






















ELEMENTI COLLETTIVI / POSIZIONI VARIE / STATICA 3"  
SCEGLIERE 1 ELEMENTO DELLA TABELLA

<b>A</b>							
N°+V	S1_VA1_V2	S1_VA2_V4					
<b>B</b>							
N°+V		S1_VB2_V4			S1_VB5_V10	S1_VB6_V12	S1_VB7_V14
<b>C</b>							
N°+V			S1_VC3_V6	S1_VC4_V8	S1_VC5_V10	S1_VC6_V12	
<b>D</b>							
N°+V	S1_VD2_V4	S1_VD3_V6	S1_VD4_V8	S1_VD5_V10	S1_VD6_V12	S1_VD7_V14	
<b>E</b>							
N°+V	S1_VE2_V4			S1_VE4_V8		S1_VE6_V12	
<b>F</b>							
N°+V					S1_VF5_V10		S1_VF7_V14

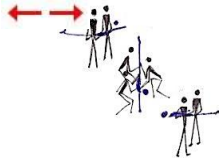
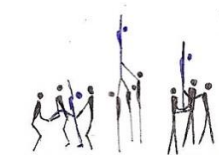
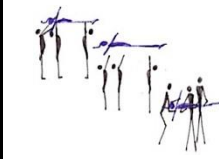

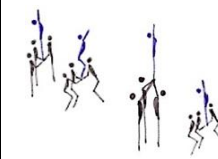
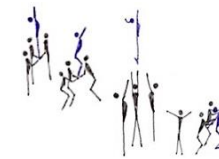
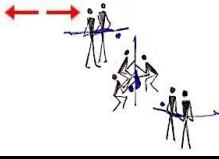
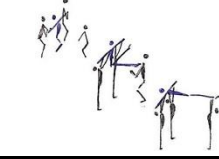
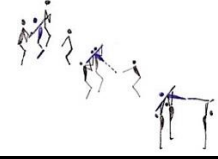

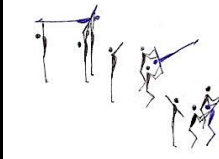



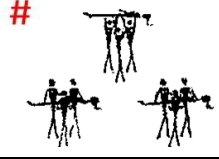
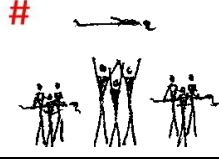
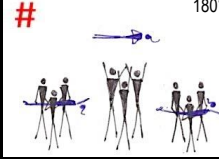
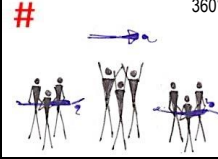
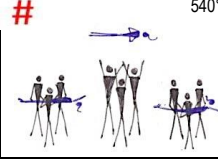
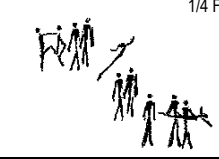
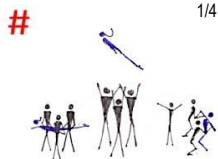
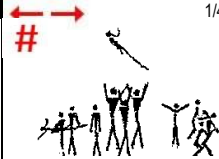
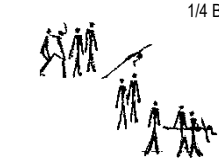


ELEMENTI COLLETTIVI / SQUADRA / STATICA 3"  
SCEGLIERE 1 ELEMENTO DALLA TABELLA

<p>ELEMENTI COLLETTIVI / SQUADRA / STATICA 3" SCEGLIERE 1 ELEMENTO DALLA TABELLA</p>	<b>A</b>							
	N°+V						S1_EA6_V12	S1_EA7_V14
	<b>B</b>							
	N°+V							S1_EB7_V14
	<b>C</b>							
	N°+V				S1_EC4_V8			S1_EC7_V14
	<b>D</b>							
	N°+V				S1_ED4_V8	S1_ED5_V10		
	<b>E</b>							
	N°+V	S1_EE1_V2	S1_EE2_V4		S1_EE4_V8		S1_EE6_V12	S1_EE7_V14
	<b>F</b>							
	N°+V	S1_EF1_V2	S1_EF2_V4			S1_EF5_V10		






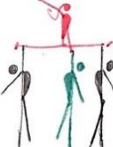




















ELEMENTI COLLETTIVI / VERTICALI / STATICI 3"  
SCEGLIERE 1 ELEMENTO DELLA TABELLA

<b>A</b>							
	N°+V	S1_AA1_V2	S1_AA3_V6	S1_AA4_V8	S1_AA5_V10		S1_AA7_V14
<b>B</b>							
	N°+V	S1_AB2_V4	S1_AB3_V6		S1_AB5_V10		S1_AB7_V14
<b>C</b>							
	N°+V	S1_AC2_V4	S1_AC3_V6	S1_AC4_V8	S1_AC5_V10		
<b>D</b>							
	N°+V				S1_AD5_V10	S1_AD6_V12	S1_AD7_V14
<b>E</b>							
	N°+V		S1_AE3_V6		S1_AE5_V10	S1_AE6_V12	
<b>F</b>							
	N°+V				S1_AF5_V10	S1_AF6_V12	





















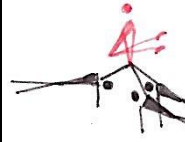
ELEMENTI COLLETTIVI // DINAMICA  
SCEGLIERE 1 ELEMENTI DELLA TABELLA

<b>A</b>							
N°+V	S1_DA1_V2	S1_DA2_V4		S1_DA4_V8	S1_DA5_V10	S1_DA6_V12	S1_DA7_V14
<b>B</b>							
N°+V	S1_DB1_V2	S1_DB2_V4	S1_DB3_V6		S1_DB5_V10		
<b>C</b>							
N°+V				S1_DC4_V8	S1_DC5_V10	S1_DC6_V12	S1_DC7_V14
<b>D</b>							
N°+V	S1_DD1_V2	S1_DD2_V4		S1_DD4_V8	S1_DD5_V10	S1_DD6_V12	S1_DD7_V14
<b>E</b>							
N°+V			S1_DE3_V6	S1_DE4_V8			S1_DE7_V14
<b>F</b>							
N°+V						S1_DF6_V12	S1_DF7_V14























ELEMENTI COLLETTIVI / POSIZIONI VARIE / STATICA 3"  
SCEGLIERE 1 ELEMENTO DELLA TABELLA

<b>A</b>								
N°+V						S2_VA8_V16	S2_VA9_V18	
<b>B</b>								
N°+V		S2_VB5_V10	S2_VB6_V12	S2_VB7_V14	S2_VB8_V16			S2_VB10_V20
<b>C</b>								
N°+V	S2_VC4_V8	S2_VC5_V10	S2_VC6_V12					S2_VC10_V20
<b>D</b>								
N°+V	S2_VD4_V8	S2_VD5_V10	S2_VD6_V12	S2_VD7_V14	S2_VD8_V16	S2_VD9_V18		
<b>E</b>								
N°+V	S2_VE4_V8		S2_VE6_V12			S2_VE9_V18	S2_VE10_V20	
<b>F</b>								
N°+V		S2_VF5_V10		S2_VF7_V14	S2_VF8_V16	S2_VF9_V18	S2_VF10_V20	

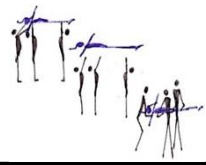
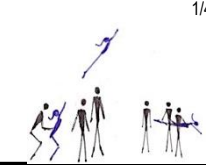
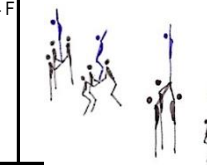
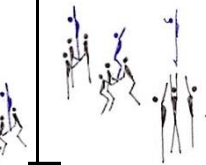
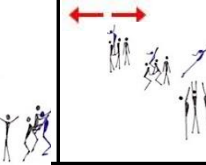
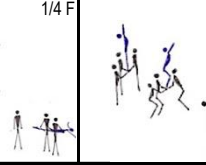
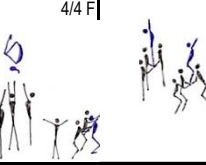

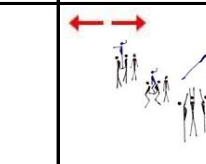
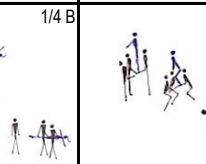
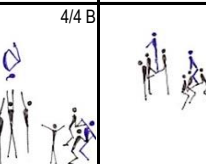
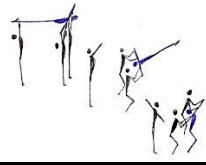

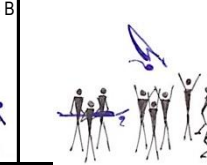
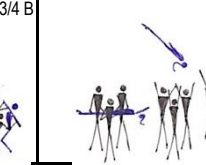
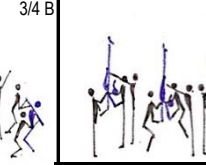
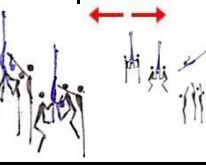
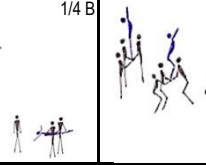
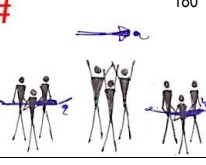
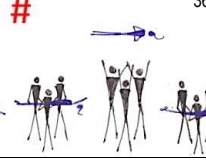
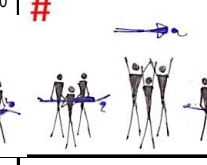
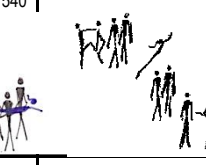
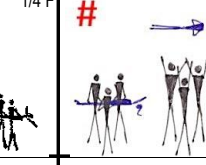
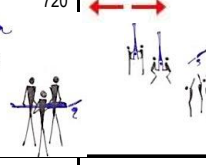
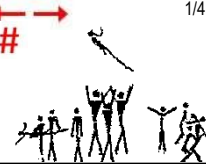
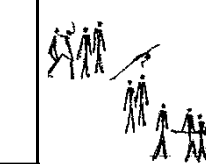
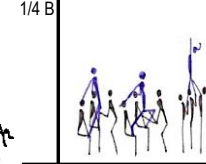
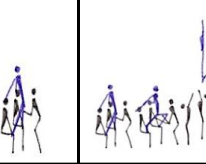
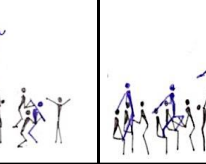

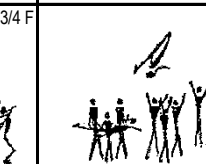
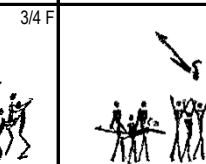
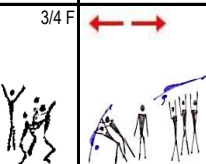
ELEMENTI COLLETTIVI / SQUADRA / STATICA 3"  
SCEGLIERE 1 ELEMENTO DALLA TABELLA

<b>A</b>							
N°+V			S2_EA6_V12	S2_EA7_V14	S2_EA8_V16		
<b>B</b>							
N°+V				S2_EB7_V14	S2_EB8_V16	S2_EB9_V18	S2_EB10_V20
<b>C</b>							
N°+V	S2_EC4_V8			S2_EC7_V14	S2_EC8_V16		
<b>D</b>							
N°+V	S2_ED4_V8	S2_ED5_V10					S2_ED10_V20
<b>E</b>							
N°+V	S2_EE4_V8		S2_EE6_V12	S2_EE7_V14		S2_EE9_V18	S2_EE10_V20
<b>F</b>							
N°+V		S2_EF5_V10				S2_EF9_V18	S2_EF10_V20










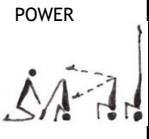
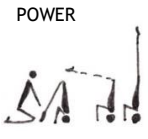


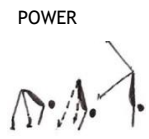




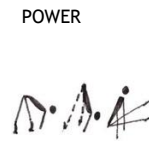
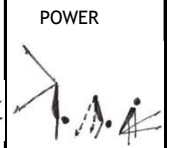


ELEMENTI COLLETTIVI / VERTICALI / STATICI 3"  
SCEGLIERE 1 ELEMENTO DELLA TABELLA

<b>A</b>							
N°+V	S2_AA4_V8	S2_AA5_V10		S2_AA7_V14	S2_AA8_V16	S2_AA9_V18	
<b>B</b>							
N°+V		S2_AB5_V10		S2_AB7_V14			S2_AB10_V20
<b>C</b>							
N°+V	S2_AC4_V8	S2_AC5_V10			S2_AC8_V16		
<b>D</b>							
N°+V		S2_AD5_V10	S2_AD6_V12	S2_AD7_V14	S2_AD8_V16		S2_AD10_V20
<b>E</b>							
N°+V		S2_AE5_V10	S2_AE6_V12		S2_AE8_V16		S2_AE10_V20
<b>F</b>							
N°+V		S2_AF5_V10	S2_AF6_V12				














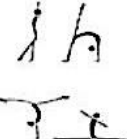



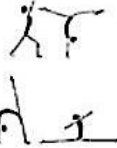

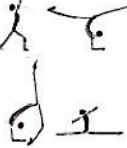


ELEMENTI COLLETTIVI / DINAMICA  
SCEGLIERE 2 ELEMENTI DELLA TABELLA

<b>A</b>							
N°+V	S2_DA4_V8	S2_DA5_V10	S2_DA6_V12	S2_DA7_V14	S2_DA8_V16	S2_DA9_V18	S2_DA10_V20
<b>B</b>							
N°+V		S2_DB5_V10			S2_DB8_V16	S2_DB9_V18	S2_DB10_V20
<b>C</b>							
N°+V	S2_DC4_V8	S2_DC5_V10	S2_DC6_V12	S2_DC7_V14	S2_DC8_V16	S2_DC9_V18	S2_DC10_V20
<b>D</b>							
N°+V	S2_DD4_V8	S2_DD5_V10	S2_DD6_V12	S2_DD7_V14	S2_DD8_V16	S2_DD9_V18	
<b>E</b>							
N°+V	S2_DE4_V8			S2_DE7_V14	S2_DE8_V16	S2_DE9_V18	S2_DE10_V20
<b>F</b>							
N°+V			S2_DF6_V12	S2_DF7_V14	S2_DF8_V16	S2_DF9_V18	








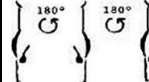
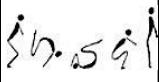
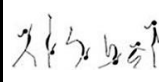
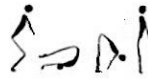

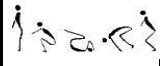



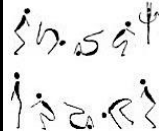















ELEMENTI SINGOLI / MANTENIMENTO 2"  
SCEGLIERE 1 ELEMENTO DELLA TABELLA

<b>A</b>										
N°+V	IMA1_V1			IMA4_V4			IMA7_V7	IMA8_V8	IMA9_V9	
<b>B</b>					 POWER	 POWER				 POWER
N°+V	IMB1_V1	IMB2_V2	IMB3_V3	IMB4_V4	IMB5_V5	IMB6_V6		IMB8_V8	IMB9_V9	IMB10_V10
<b>C</b>										
N°+V				IMC4_V4	IMC5_V5	IMC6_V6				
<b>D</b>								 POWER	 POWER	
N°+V							IMD7_V7	IMD8_V8	IMD9_V9	
<b>E</b>										
N°+V						IME6_V6	IME7_V7			
<b>F</b>										
N°+V										

ELEMENTI SINGOLI // FLESSIBILITÀ  
 SCEGLIERE 1 ELEMENTO DELLA TABELLA

<b>A</b>										
N°+V	ISA1_V1			ISA4_V4	ISA5_V5	ISA6_V6	ISA7_V7			
<b>B</b>										
N°+V						ISB6_V6			ISB9_V9	ISB10_V10
<b>C</b>										
N°+V	ISC1_V1	ISC2_V2	ISC3_V3	ISC4_V4			ISC7_V7	ISC8_V8	ISC9_V9	
<b>D</b>										
N°+V				ISD4_V4			ISD7_V7	ISD8_V8	ISD9_V9	ISD10_V10
<b>E</b>										
N°+V								ISE8_V8	ISE9_V9	
<b>F</b>										
N°+V										

ELEMENTI INDIVIDUALI / AGILITÀ - TUMBLING  
 SCEGLIERE 1 ELEMENTO DELLA TABELLA

<b>A</b>										
N°+V	IAA1_V1	IAA2_V2		IAA4_V4	IAA5_V5	IAA6_V6	IAA7_V7	IAA8_V8	IAA9_V9	
<b>B</b>										
N°+V	IAB1_V1		IAB3_V3		IAB5_V5	IAB6_V6				
<b>C</b>										
N°+V		IAC2_V2		IAC4_V4				IAC8_V8	IAC9_V9	
<b>D</b>										
N°+V			IAD3_V3	IAD4_V4				IAD8_V8		
<b>E</b>										
N°+V	ITE1_V1		ITE3_V3	ITE4_V4	ITE5_V5	ITE6_V6	ITE7_V7	ITE8_V8	ITE9_V9	ITE10_V10
<b>F</b>										
N°+V			ITF3_V3			ITF6_V6			ITF9_V9	ITF10_V10